

WELLNESS HEALTH COUNCIL

MEETING MINUTES

April 18, 2023 at 3:00pm

Members present: MK Templin, Chris Krott, Fawn Miller, Jodi Flexman, Michelle McNett, JT Magro, Nickie Garthwaite, Mary Mahar-Yoder, Nicole Graham, Liz Murphy

No updates needed for the Wellness Policy.

No updates from Food Services at this time.

NEW BUSINESS:

Bachas wants to bring pizzas for the Elementary as a “thank you” for the fall fundraiser. Nickie is getting more information and will coordinate with Chris after getting details.

Looking into bringing back and adding some activities for the kids next school year. Examples were a fruit & veggie sampling, walk to school, CPR education for kids and adults and an assembly for the High School students about driving safety/DUI.

OLD BUSINESS:

The Triennial Wellness Policy Assessment was completed, reviewed and approved. We discussed the confusion regarding some aspects of the policy and how it helped when Nickie elaborated in a faculty meeting. The assessment will be posted to the District Website.

Nicole Graham has launched an employee wellness program again at the Elementary and the High School is doing Self Care Mondays.

Open discussion:

MK encouraged members to bring any ideas for wellness activities to the table.

Next wellness meeting scheduled for Tuesday, September 19 at 3:00 in Room 111 at the high school.

Respectfully submitted,

Mary Kay Templin

Christine Krott